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NEWS
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Passionate plea for peace

Pope Francis marks Christianity's most joyous day with a call for world peace, celebrating his first Easter Sunday

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Exxon Mobil's crude cleanup

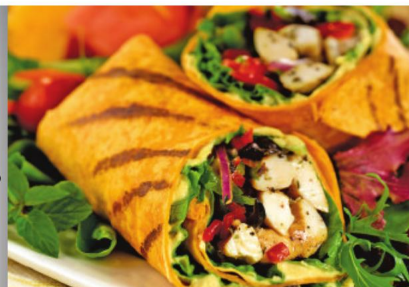
Exxon Mobil says crews are working to contain a U.S. oil spill carrying Canadian crude following a pipeline rupture

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THIS WRAP'S RIGHT FOR SPRING

THE FRESH INGREDIENTS IN THIS ENERGIZING WRAP WORK WELL WITH THE SEASON

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Tentative deal reached with high school teachers: Official

Statement. Deal reached for certain issues including sick leave and retirement gratuity: Minister

The union representing Ontario's high school teachers has reached a tentative agreement with the province.

Education Minister Liz Sandals says in a statement that agreement has been reached on sick leave, maternity leave, retirement gratuity, unpaid days and local bargaining.

Sandals says the details of the agreement will be shared with members of the Ontario Secondary School Teachers' Federation over the coming days.

She says full details will

be released once the union's approval process is complete, but until then a media black-out remains in place.

Sandals says the agreement in principle is consistent with the existing collective agreements, while reflecting the ministry's fiscal situation.

The union agreed in late February to "suspend political action" — code for its withdrawal of extracurricular activities — sparked by the Liberals' move to impose contracts that froze the wages of most teachers.

"I am pleased that through hard work and a collaborative approach, we have been able to address some concerns of OSSTF members, and that we have helped restore an important relationship with a valued partner," Sandals said.

THE CANADIAN PRESS



UP CLOSE WITH THE BUNNY

Sandeep Jindal, left, smiles as his wife Jian Cai Jindal encourages their 20-month-old daughter Priyanka to pet a two-month-old lionhead rabbit being held by a Canada Agriculture Museum volunteer. Families thronged to the museum at the Central Experimental farm for Easter-themed activities Sunday. SEAN MCKIBBON/METRO



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On the rise since 2010

Access-to-information requests to city rise by 26 per cent

There were 26 per cent more requests sent to the city's Access to Information and Privacy Office last year and the number has been on the rise since 2010, according to a report going to the city's finance and economic development committee Tuesday.

The 2012 Year End Municipal Freedom of Information and Protection of Privacy (MFIPPA) report says the city responded to 855 requests for general records in 2012. That number was 680 in 2011 and 576 in 2010.

Of those 855 requests in 2012, only 660 — or 77 per cent — were responded to within the prescribed 30-day time frame, the report says, which is a decrease of seven per cent from the number of responses made within the prescribed time frame in the previous year.

METRO

Four injured

Two Ottawa residents dead in Beckwith, Ont., crash: Police

Two Ottawa residents died and another four people were injured Friday after a car collided with a pickup truck southwest of the city.

Police said an eastbound Honda Civic carrying three people collided with a westbound GMC truck also holding three people just before 9 p.m. Thursday in Beckwith Township.

They said 21-year-old Madeleine Havelock and 22-year-old Thomas Guerette were travelling inside the car and were killed in the crash.

METRO



Cars line Bank Street in the Glebe, where a new four-storey parking garage is slated to be built, on Sunday. JOE LOFARO/METRO

Parking garage stirs up debate in the Glebe

Multipronged solution needed. Locals say making the area more accessible by foot, transit and bike should be considered as well as building more parking



JOE LOFARO
joe.lofaro@metronews.ca

Some Glebe residents say the city should tackle the "annoying" parking problem in their neighbourhood by making streets more bike- and pedestrian-friendly rather than build a four-storey parking garage on Second Avenue.

On Wednesday the city's transportation committee will recommend that council approve a request for proposals to get the garage built and have staff examine the pros and cons of increasing parking rates in high-traffic areas of the city and decreasing them in areas where the demand for parking is lower.

"If the prices go up, is the Glebe a more or less accessible place to people who have less money?" asked resident Robin MacEwan, who is a public-transit user. "The buses on Bank Street — they come whenever they want. They don't follow any schedule. Transit needs to be improved in general and then maybe the prices can be raised."

She and her friend Cristina

Popa both agreed a proposed parking garage at 170 Second Avenue would be more of an "eyesore" than anything else.

"I just think that we should focus more on giving access to pedestrians and bicycles," said Popa, who lives in Hintonburg. "So instead of focusing on how should we increase parking by building a parking garage, they should just make bike lanes."

One Glebe business owner, Mark MacDonald, said he lost two customers this month due to parking enforcement and wishes the city would scrap paid parking altogether along Bank Street on Saturdays.

"If you've got to buy a pair of shoes for your kids and you come here, you have to pump money into the meter

and you've got a green hornet chasing you around," said MacDonald. "And they stalk the Glebe looking for expired (tickets). They come by every hour."

A report from deputy city manager Steve Kanellakos, cites as among the garage's benefits a boost to parking availability along Bank Street, which could make the parking-rate increase unnecessary. Both the Glebe Business Improvement Area and the ward's councillor, David Churnushenko, are pro-garage, the report says.

If construction were to start in January 2014, the garage could be ready in time for the opening of Lansdowne Park in 2015 at a price of \$9.5 million, the report said.

April Fool's Day

Metro took to the streets to hear your best April Fool's Day stories and found out the best jokes are often a family affair.



feet in it. I guess it was really ... squishy.... I do it every year."

Lauren Waite, 16
Barrie, Ont.



a shift. I got my clothes on then I looked at the clock."

Lucy Formanova and daughter Emma Weber, 9
Ottawa



was making dinner and I had some fake blood left over from Halloween. I was chopping

and I said, 'Oh!' There's blood going everywhere and he's like 'Oh my God!,' said Gaudreault. Chuckling Bilodeau said, in French, "It was scary at the start, but it was funny after."

Karen Gaudreault with boyfriend Daniel Bilodeau
Lac St. Jean, Que.

Pope spends Easter praying for peace

Holiday plea. Francis calls for reconciliation in the Middle East and on the Korean peninsula

Easter wish

"Change hatred into love, vengeance into forgiveness, war into peace."

Pope Francis during his first Easter address, praying that Jesus would inspire the people

Pope Francis marked Christianity's most joyous day with a passionate plea for world peace, celebrating his first Easter Sunday as pontiff in the enthusiastic company of more than 250,000 people who overflowed from St. Peter's Square.

In his Easter message, Francis lamented enduring conflicts in the Middle East, on the Korean peninsula and elsewhere and remembered the world's neediest people. He cradled a disabled child held out to him in the crowd and delightedly accepted a gift thrust at him.

After mass in flower-bedecked St. Peter's Square, he stepped aboard an open-topped white popemobile for a spin through the joyous crowd.

One admirer of both the Pope and his favourite soccer team from his Argentine homeland, the Saints of San Lorenzo, insisted that Francis take a jersey he was waving.

Francis has repeatedly put concern for the poor and suffering at the centre of his messages, and he pursued those causes in the speech he delivered from the balcony of St. Peter's Basilica.

The Roman Catholic leader aimed his greetings at "every house and every family, especially where the suffering is greatest, in hospitals, in prisons."

As popes before him have, he urged Israelis and Palestinians to resume peace talks. And, reflecting on the two-

year-old Syrian crisis, Francis asked, "How much suffering must there still be before a political solution" can be found?

The Pope also expressed desire for a "spirit of reconciliation" on the Korean peninsula, where North Korea says it has entered "a state of war" with South Korea. He decried warfare and terrorism in Africa, as well as what he called the 21st century's most extensive form of slavery: human trafficking.

The first pontiff to come from the Jesuits, an order with special concern for the poor, and the first to name himself after St. Francis, who renounced wealth, Francis lamented that the world is "still divided by greed looking for easy gain." **THE ASSOCIATED PRESS**



Pope Francis travels through St. Peter's Square on a popemobile after Easter mass. GREGORIO BORGIA/THE ASSOCIATED PRESS

Environmentalism. Canada lauded for tough stance on Arctic pollution

Canada is winning a rare bit of environmental praise from the international community for its stance on pollution from shipping in Arctic waters.

Documents show Canada is pushing hard to outlaw the discharge of oily wastes or garbage anywhere in the North.

Canada's proposal, during negotiations for a mandatory global shipping code in the Arctic, has won the support of several countries including Germany and France — nations that often criticize Canada over climate change and

management of wildlife.

Canadian negotiators proposed very high standards, based on legislation that has been in place since 1970.

"The Canadian and Arctic experience demonstrates that a zero discharge standard is practicable," says the proposal.

"The Canadian experience also shows that it is not a significant barrier to cost-effective shipping, for purposes ranging from community supply to resource development and limited but growing through traffic."

THE CANADIAN PRESS



Canada is pushing to outlaw the discharge of oily waste or garbage anywhere in the North. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Victim in mall shooting raided home as a minor

The victim in Toronto's latest homicide was involved in a violent home invasion in Windsor in 2005.

Michael Nguyen, 23, was shot and killed outside of a Sears at Yorkdale Mall on Saturday, shortly after 8 p.m.

Police said Nguyen was known to them, and released a photo of him on Sunday. Windsor lawyer Frank Miller recognized him as a former client, whom he represented in relation to a home invasion.

One of Nguyen's co-defendants was Qoheleth Chong. A man by the same name was shot and killed in Toronto last November. As of press time, Metro could not confirm they are the same person.

In 2008, Nguyen pleaded guilty on several charges and received an adult sentence of five years. He only served about two and a half years in custody because of a sentencing credit.

Miller said there was evidence Nguyen was part of a gang called the Asian Assassins.

"There was a couple ... living in an older, not-very-wealthy part of Windsor," recalled Miller. "They came to the door ... and there was a pizza-delivery man there.... He said they



Near the crime scene. Inset: Michael Nguyen. RICHARD LAUTENS/TORSTAR NEWS SERVICE

hadn't ordered in and when he turned back there was a guy with a shotgun."

Three minors, including Nguyen, and one adult entered the home and bound the woman and the man who lived there with zip ties, said Miller.

"Before they found the woman and put her in zip ties, she called 911," he said.

The man had \$20,000 in the home in small bills, which he later said had come from gambling, said Miller.

Police arrested the four assailants, recovered four guns

they had hidden under a bed and found a fifth gun suspended by a piece of wire in a toilet tank.

Miller believes the man may have been targeted.

"It seemed odd that there were four assailants and five guns and it seemed odd to me that the gun would be suspended by a piece of wire under a toilet tank when the other guns were hidden under the bed," said Miller. "It seemed odd when you added the \$20,000 in cash."

JESSICA SMITH/METRO IN TORONTO

London, Ont.

Bodies found in apartment

A 38-year-old man is facing charges in the deaths of two men whose bodies were found in a London, Ont., apartment this weekend.

Police say Jason Cleveland is charged with two counts of second-degree murder and one count of committing an indignity to a human body.

Police say no other suspects are sought and the names of the deceased won't be released until their families have been notified. **THE CANADIAN PRESS**

U.S. highway

95-car pileup ends in death, injuries

Three people are dead and 25 injured after 95 vehicles piled up on a foggy U.S. highway.

Police say the vehicles were caught in 17 separate crashes along the road near the Virginia-North Carolina border.

A spokesperson said the injuries ranged from serious to minor and that the main cause was excessive speed. **THE ASSOCIATED PRESS**

Nukes not on bargaining table, says North Korea

Threats. Analysts say attack on U.S. is unlikely, but situation could escalate into localized skirmishes

A top North Korean decision-making body issued a pointed warning Sunday, saying that nuclear weapons are "the nation's life" and will not be traded even for "billions of dollars."

The comments came in a statement released after North Korean leader Kim Jong Un presided over the plenary meeting of the central committee of the ruling Workers' Party.

The meeting, which set a "new strategic line" calling for building both a stronger economy and nuclear arsenal, comes amid a series of near-daily threats from Pyongyang in recent weeks, including a



South Korean Army soldiers patrol near the village of Panmunjom in Paju, South Korea, Sunday. North Korea warned South Korea on Saturday the Korean Peninsula had entered "a state of war." AHN YOUNG-JOON/THE ASSOCIATED PRESS

vow to launch nuclear strikes on the U.S. and a warning Saturday that the Korean Peninsula was in a "state of war."

Pyongyang is angry over annual U.S.-South Korean military drills and a new round of UN sanctions that

followed its Feb. 12 nuclear test, the country's third.

Analysts see a full-scale North Korean attack as unlikely and say the threats are more likely efforts to provoke softer policies toward Pyongyang from a new gov-

Brinkmanship?

Justifying its nuke pursuit

North Korea has called the U.S. nuclear arsenal a threat to its existence since the 1950-53 Korean War. Pyongyang justifies its nuclear pursuit in large part on that perceived U.S. threat. While analysts call North Korea's threats largely brinkmanship, there is some fear that a localized skirmish might escalate. Seoul has vowed to respond should North Korea provoke its military.

ernment in Seoul, to win diplomatic talks with Washington that could get the North more aid, and to solidify the young North Korean leader's image and military credentials at home.

THE ASSOCIATED PRESS

Influx of Syrian refugees. Canada announces \$13 million in aid for Jordan

Canada is giving the Middle Eastern country of Jordan an additional \$13 million to help deal with a crush of Syrian refugees.

Foreign Affairs Minister John Baird announced the aid after meeting with Jordanian officials, including the country's King Abdullah, on Sunday.

"Jordan has consistently demonstrated a leadership role in the pursuit of a just and lasting peace in the Middle East, and it continues to lead in the face of the on-

going crisis in Syria," Baird said in a statement.

Canada has already given Jordan \$11.5 million to help deal with more than 380,000 Syrian refugees who have arrived there in the last two years.

The United Nations estimates more than one million people have fled the ongoing violence in Syria, and millions more are internally displaced.

Baird says the new funds will help deal with the immediate humanitarian and security needs created by the influx. THE CANADIAN PRESS



In this image taken from video obtained by the Ugarit News, a fire rages at the Syrian government checkpoint in Dael, Syria, less than 15 kilometres from the Jordanian border, on March 28. UGARIT NEWS/THE ASSOCIATED PRESS

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Exxon Mobil pipeline spills Canadian crude

Mayflower, Ark.
Cleanup crews trying to prevent oil from reaching nearby lake

Exxon Mobil Corp. says crews are working to contain and clean up an oil spill near Mayflower, Ark., after its Pegasus pipeline ruptured Friday afternoon. The pipeline carries Canadian heavy crude oil from Patoka, Ill., to refineries on the Texas Gulf coast.

Exxon Mobil issued a release that said the company was responding to a spill of more than 10,000 barrels, and that some 4,500 barrels of oil and water had been recovered.

The company said the 20-inch pipeline had been shut down as crews tried to prevent the spilled oil from reaching a nearby lake. It said cleanup operations were being co-ordin-

ated with the Department of Emergency Management and other local authorities, and that the cause of the spill was being investigated.

Last week federal regulators proposed that Exxon Mobil pay \$1.7 million US in civil penalties for safety violations linked to a pipeline rupture that spilled an estimated 238,000 litres of crude oil into Montana's scenic Yellowstone River in July 2011.

The spill fouled approximately 110 kilometres of the Yellowstone River's banks, killing fish and wildlife and prompting a massive cleanup.

The latest spill comes as proponents of the proposed Keystone XL pipeline have been trying to convince Washington to give the project the green light. Opponents of TransCanada Corp.'s plan to pipe Alberta oilsands bitumen to the U.S. Gulf Coast denounce it as an environmental catastrophe in the making. **THE CANADIAN PRESS**



Google employees shoot pool in a break room at the Google campus in Mountain View, Calif., on March 15. Silicon Valley companies are planning a flurry of massive new perk-laden headquarters. **JEFF CHIU/THE ASSOCIATED PRESS**

Big Tech bets on big perks

Apple's planned ring-shaped, gleaming "Spaceship Headquarters" in Cupertino, Calif., will include a world-class auditorium and an orchard for engineers to wander.

Google's new campus will feature walkways angled to force accidental encounters. Facebook, while putting final touches on a Disney-inspired campus including a Main Street with a barbecue shack, sushi house and bike shop, is already planning an even larger, more

exciting new campus.

More than ever before, Silicon Valley firms want their workers at work. Yahoo CEO Marissa Mayer has gone so far as to ban working from home, and many more offer prodigious incentives for coming in to the office, such as free meals, massages and gyms.

This spring, as the tech industry is soaring out of the Great Recession, plans are in the works for a flurry of massive, perk-laden headquarters.

"We're seeing the mature technology companies trying to energize their work environments, getting rid of cube farms and investing in facilities to compete for talent," said Kevin Schaeffer, a principal at architecture and design firm Gensler in San Jose, Calif. "That's caused a huge transition in the way offices are laid out."

New Silicon Valley headquarters or expansions are underway at most of the area's major firms. **THE ASSOCIATED PRESS**

Publishing. Free press returns to Myanmar

For most people in Myanmar, it will be a novelty when privately run daily newspapers hit the streets on Monday. Many weren't even born when the late dictator Ne Win imposed a state monopoly on the daily press in the 1960s.

But for 81-year-old Khin Maung Lay, the rebirth of daily newspapers is like a second lease on life. He is chief editor of Golden Fresh Land, one of four dailies going on sale Monday as Myanmar takes another step in its march toward democracy. He's old enough to recall there once had been a big and vibrant daily press in the Burmese, English, Indian and Chinese languages in the period of parliamentary democracy after Myanmar, known then as Burma, won independence from Britain in 1948.

He acknowledges there are innumerable challenges ahead, but said he is ready to face them "in the name of freedom of press." **THE ASSOCIATED PRESS**

Ask the Experts

Selling Old Gold and Silver Jewellery? Common Sense Is Worth Its Weight in Gold.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewellery is worth. The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common sense test?

Option #1: Antique roadshows and Mall Kiosks. Inflated Promises. False Advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices. Unscrupulous companies use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line --people end up with less money in their pocket, not more.

Option #2: Pawnshops and Coin Shows. Hope for the Best.

Most consumers feel uneasy about walking into a pawnshop with their jewellery.



And these coins shows are making exaggerated payout claims to lure you in. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts. So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog. You Be the Judge.

Recycle Frog, one of the Ottawa's fastest growing and most trusted gold and silver buyers. They have built their business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, their payout rates are published, and consistently rank among the highest in the industry. One-on-one evaluations are conducted at many convenient, public events or pre-scheduled appointments at their downtown office in the World Exchange Plaza (1150-45 O'Connor Street).

They are a trusted fundraising partner to various charitable organizations including the United Way, Christmas Daddies, and The Canadian Cancer Society, among many others. Get a competitive, haggle-free offer for your old gold and silver by simply calling

613.755.4030 or visit www.recyclefrog.com for more information.



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EXCEPTIONS ARE THE RULE

It will bring little joy to long-suffering neighbours, but granting construction crews at Lansdowne Park an exemption from noise bylaws, allowing work to continue around the clock when needed, fits a well-established pattern. The park's redevelopment has been a study in exceptions, advice rejected and rules bent.

The cancellation of a competitive bid process in favour of a sole-sourced deal with the Ottawa Sports and Entertainment Group set the tone — and fuelled lawsuits from Friends of Lansdowne, a residents' group opposed to the redevelopment, and the Lansdowne Park Conservancy, whose competing proposal would have kept the park in public hands but didn't get a serious look.

Friends of Lansdowne, for their part, were threatened with a change in policy that would allow the city to go after the citizens' association for legal costs. Last year,



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

city lawyers grew impatient with the court's deliberations in the case and wrote a rather unusual letter asking when a decision might be expected.

Time and again, city officials have pleaded the urgency of the redevelopment and looming deadlines to justify cutting the odd procedural corner. Often, those deadlines seemed largely self-inflicted.

Take the snap vote council took to authorize \$400,000 for a bid on two FIFA events, the under-20 Women's World Cup in 2014 and the Women's World Cup in 2015. Impending deadlines, we were told, meant the money was needed right away, and once the bids went ahead, we'd need the new venue in which to host them, stat.

The benefits of hosting such major-league events aren't seriously in doubt, but booking them into a nonexistent stadium?

Possibly a bit rash.

As events shook out, the under-20 World Cup won't take place here in 2014, so now the replacement exigency is the need to have everything in place for North American Soccer League and Canadian Football League teams next year.

Next year will also, incidentally, be an election year, which might be the best explanation for all the hustle.

Lansdowne's Horticulture Building, which will turn 100 in 2014, stood in the way of planned retail space and underground parking. So we uprooted and relocated it in a rather impressive feat of engineering that nonetheless contravened the advice of the city's heritage advisory committee and the provincial Conservation Review Board, who were of the staid opinion that the historic building should stay in its historic location. Terribly sorry, exceptional circumstances, etc.

The question, after all these exceptions, is whether we'll end up with something truly exceptional at Lansdowne Park. The city and OSEG and the sun-dappled conceptual drawings assure us we will.

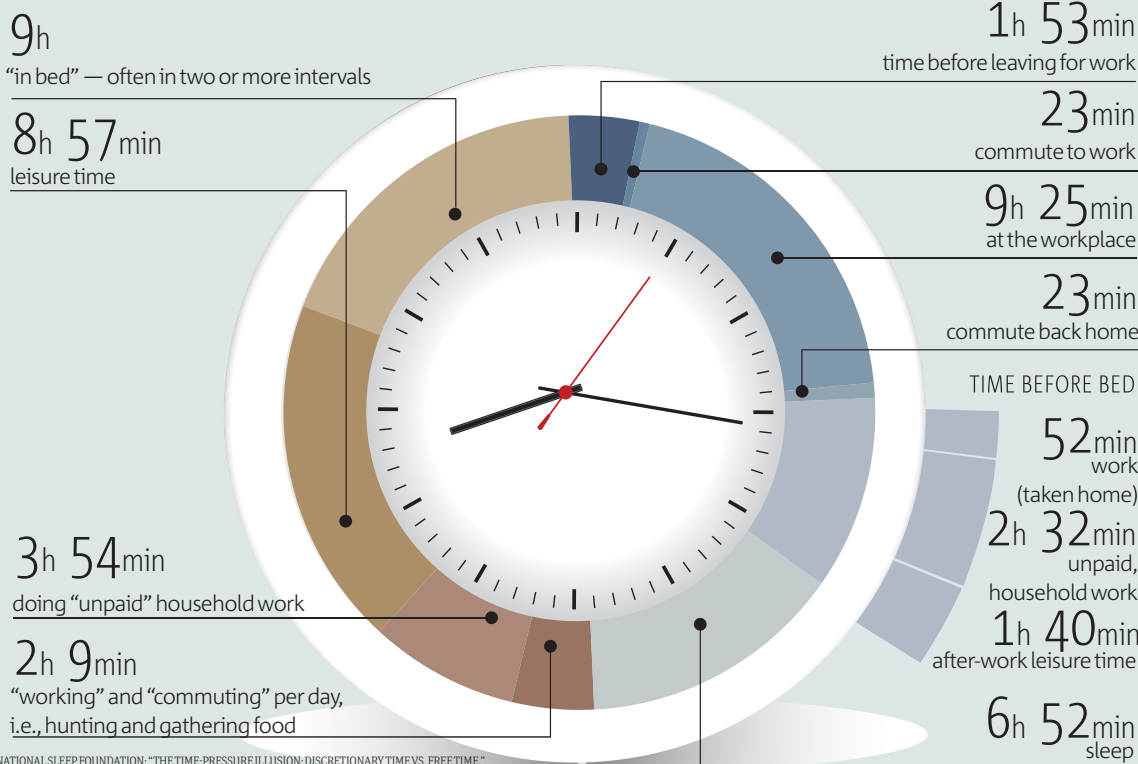
ZOOM

Where did all of our time go?

If you feel time-poor and complain that there's not enough hours in the day, you're not alone, and, most likely, it is not your fault. Better organization will not fix the time crunch. The eight-hour-day movement has failed miserably: the Industrial Revolution robbed us of normal sleep patterns, the Digital Revolution made us work at home. The average working-age person already has only one hour 40 minutes' leisure time per day, 5.37 times less than our hunter-gatherer ancestors.

HUNTER-GATHERERS' DAY

TYPICAL MODERN WORKDAY



NATIONAL SLEEP FOUNDATION; "THE TIME-PRESSURE ILLUSION: DISCRETIONARY TIME VS. FREE TIME;" ROBERT E. GOODIN ET AL., 2005; "THE ORIGINAL AFFLUENT SOCIETY;" MARSHALL SAHLINS; BBC NEWS; OECD.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

The golden age of radio dramas is long gone, but the genre lives with help from podcasters who use new technology to reinvigorate an old art form.

Subscribe to these three in the iTunes store for regular doses of beautifully produced theatre of the mind.

The Truth:

Strong improvisation and on-location recording by a team of stage and radio veterans keeps this series of "movies for your ears" inventive and surprising. In *Good Hands*, the story of a secret world below an abandoned subway station, is genuinely chilling.

Chatterbox Audio Theater:

A nice mix of classics like *Oedipus*, re-

creations of famous radio dramas and original collaborations that explore everything from life in prison to our relationship with fear.

Welcome To Night Vale:

An oddly funny biweekly community update from the town of Night Vale, where regular small-town life unfolds before a surreal backdrop of supernatural events, dark hooded figures and disturbingly powerful municipal leaders.



Letters

RE: Sadistic, tyrannical, unstable ... psychiatrist reveals the dark side of tragic Ashley Smith, a teenager who killed herself in her jail cell, published March 26

I was absolutely disgusted by what Dr. Penn stated: only top-quality, sustained psychological care could have helped Ashley Smith's extreme problems. At that facility they no doubt use the standard way of treating patients.

Everyone assumes that psychiatrists are helpful, but in reality their goal is to make patients feel content and getting to the base problem. Instead, when people are down you must push them far into the zone of happiness, and show them that past feelings and thoughts have created every situation in their life. Every person on Earth has the opportunity to live a happy life. So why are we throwing people in jail cells and feeding them harmful drugs?

Dayna Vago, London, Ont.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawalatters@metronews.ca



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Promo

A poster says 1,000 words

Being that *Mad Men* is a show about advertising, it's always been important that it have great advertising itself, and the promotional image for season six is no different — though it does break from the show's previous style in a very striking way. For the image, *Mad Men* turned to 75-year-old illustrator Brian Sanders, who created a lush, period-appropriate image with two Don Drapers and plenty of suggestive imagery. "I know people are looking for meaning and everything. There is a lot of meaning in it," series creator Matt Weiner concedes. "It came from a dream. I had this dream — and it was not Don, it was me, but a lot of stuff is like that." So what was that dream — and this season's promo poster — about exactly? Never a fan of divulging specifics, Weiner at least offers that the focus is on "the anxiety that is created by — in all of these characters — wondering why they are the way they are," he says.



The Internet can make a man go mad

Online angst.

Mad Men creator Matt Weiner's friends and family have banned him from reading negative criticism



A word of caution to angry Internet commenters and recappers: *Mad Men* creator Matt Weiner knows what you're writing about his show. Or at least he used to until he was banned from visiting them by his wife and writing staff.

"This is a terrible job for someone as oversensitive as I am. When I was on *The Sopranos*, it didn't even exist," Weiner says.

"I try and stay away from it. What usually happens now is somebody — a friend — will send me something. And it's still this addiction."

To Weiner, it's pointless to fight the compulsion to seek out criticism.

"This is human nature," he says.

"There's two jars in the next room. One of them is filled with little fortune cookie fortunes, and the other one has two of them in it.

"(The big jar) is the good things about you, (the little jar) is the bad things about you that people have written. Go in there. You get to pick one piece of paper. You pick the bad one. I will keep looking until I find something bad. I don't even



What's in store for Jon Hamm in the next season of *Mad Men*? HANDOUT

Sticks and stones

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

Mad Men creator Matt Weiner on getting upset over criticism of his show on the web

know how it works."

For an example, he offers an episode from last season, *Signal 30*, that garnered some reactions he didn't appreciate.

"It was Vincent (Kart-heimer's) performance, you know, when he's in the elevator and says, 'We're supposed to be friends. I have nothing,'" Weiner remembers.

"That to me is like the saddest thing I ever wrote. I was very emotional about it, and when it aired people are like, 'A Pete story. I hate that.' So I just try and stay away from that stuff as much as possible."

Hence the banning. And he's been good for the most part, but he did slip up a few times last season.

"I really was off it for a while, and then (the season five episode) the Suitcase happened and everyone was like, 'You've got to read this. You have to read what people said about this thing,'" he says.

"So I read it and I loved that episode, but the episode that was on the week after that was actually my favourite of the season, the Summer Man. It's a very emotional story for me. So of course I read (the reactions) the next week and it's, like, brutal.

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

With season six debuting, maybe it's time for Weiner's wife and staff to look into some parental controls for his web browser.

Pushing Peggy for some answers



When Elisabeth Moss found out last year that her *Mad Men* character, Peggy Olson, would be leaving her job at Sterling Cooper Draper Pryce, she had just one question. "He called me before the Episode 11 script came out, and he told me the whole thing," she recalls. "He called me and said all this

stuff's going to happen and you're going to leave. I literally was like, 'That sounds amazing: Am I still on the show?' He was actually a little bit offended and he was like, 'Of course! Yes!' I was like, 'Well, it's a logical question.'"

Moss is still very much a part of *Mad Men* going into the new season, even if she's off to a new agency — though she admits she was a bit worried about how much screen time

she'd have now that she's not an employee of Sterling Cooper Draper Pryce. "I was, actually, at first, to be honest. I totally was," she says. But now? "The only thing I can say is I'm very happy with where it's gone, I'm very happy with what's happened. I was actually pleasantly surprised by how much I had to do in this season. I was kind of expecting not to be in it so much, because I thought well, I'm at a different agency. And

I'm pleasantly surprised."

While doing press for the new season of the hit series, Moss even acknowledged her own presence in interviews didn't necessarily mean Peggy would be seen much in season six. "Maybe this is a huge trick. This is a big red herring," she jokes.

"They're like, 'You have to come do press.' I'm like, 'I'm not on the show anymore!' No. I am on the show," she says.



Elisabeth Moss. HANDOUT



Justin Bieber

Bieber's got nothing to declare except his monkey

Justin Bieber just can't catch a break. Heading into Germany for the next leg of his European tour, the pop star was hit with an unsettling surprise when his prized Capuchin monkey was seized by German customs officials after he tried to bring the animal into the country without permission, according to People magazine. "Justin Bieber brought his monkey to Germany but had no official paperwork for him," a customs spokesman says. "We were forced to confiscate the animal."



Jeremy Renner

Renner, ex new parents to baby girl

Avengers star Jeremy Renner and an ex-girlfriend welcomed the birth of daughter Ava Berlin Renner, according to Us Weekly. "They are beyond thrilled," a rep for Renner says in a statement. "Mother and daughter are doing great." Though the parents are no longer together, Renner had made a point of putting the mother-to-be up in his Los Angeles home as she awaited the birth. "They used to date but it wasn't serious," a source says, adding that Renner was "being ultra-secretive about it, but she has been going on about her life and not hiding it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Amanda Seyfried ALL PHOTOS GETTY IMAGES

What's the worst insult a young actress can endure?

This might be it. Les Misérables star Amanda Seyfried was mistaken at LAX for her Mean Girls co-star Lindsay Lohan. "I just got mistaken for a Ms. Lohan at Newark Airport," Seyfried posted to Twitter. It's probably not a comparison Seyfried welcomes, considering

her previous comments about Lohan: "Lindsay was great on Mean Girls. I think that was before she got a little nuts," Seyfried previously told Teen Vogue. "I kind of don't expect some of these girls, who've been working since they were two, to be sane."

Twitter



@KChenoweth

How can one weigh 88 lbs and still have a muffin top?



@ParisHilton

Just finished judging Miss Ukraine, had a great time. Now to the after party to celebrate my friend Alexander Onyschenko's birthday!



@MissKellyO

Whenever I'm bored I brake out my binoculars & lurk at people from my balcony just saw a man pick his nose & eat it.

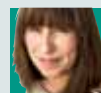


@bobsaget

Every day that I begin with eggs goes really well.

Pop goes the week

Don't say hello to Eva Mendes' dog



STARGAZING

Malene Arpe
scene@metronews.ca

Eva Mendes is upset that people know the name of her dog and finds it "creepy" that passersby say "Hey, Hugo" when she's walking her pet. Hugo, meanwhile, finds it really weird that Eva gets to see Ryan Gosling naked on a regular basis and yet dwells on creepy things that aren't creepy at all.

James Franco says he kinda understands why people hate Anne Hathaway while James's neighbour says James litters and is a never-ending nuisance. No truth to the rumour that the neighbour rented under the name Spanne Blathapay.

Matthew McConaughey says that his friend Lance Armstrong "told a lie, (but) he's not a liar". Matthew con-



Eva Mendes

tinues, "read more on this particular line of reasoning in my upcoming book I Make No Sense But That Doesn't Make Me A Not-Making-Sense Maker."

In collaboration with Coca-Cola and American Idol, Carly Rae Jepsen will allow people to vote on the lyrics for her next song. Three options will be presented for every line of the song and the voting is already heating up to decide whether "Here's my slumber, so wake me Katey," "Here's my plumber, so save my baby" or "Here's my cucumber so, like, make some salad or something" is the winner.

Kim Kardashian says that

she and her collaborator Kanye West want to name their baby "something that's unique". May we suggest Er Shun or Da Mao. Or perhaps simply Kanda.

A Vera Wang store in Hong Kong has started charging \$500 if you want to try on a wedding gown. Thus adding monetary pain to the realization that you still have some four months of paleo-dieting to go.

Manteresting is a new site for men who hate that Pinterest is the worst because of all the women and their women things and that it doesn't have enough pictures of things made from meat and rusty nails. If it's a success, watch for Manstagram, Manspace and Why Don't Men Have Anything In The World That They Control Book.

According to a Details poll, the celebrities who most often feature in people's naughty fantasies are Ryan Gosling and Mila Kunis. Better luck next year to the cast of Splash.

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Long waits

Start a story, kill some time

I came up with this little trick during one of my son's many visits to one of his specialists at Toronto's Hospital for Sick Children.

All you do is tell a story. One person starts the story

by telling the first line and it then moves to the next person who continues the story along by adding another line.

You continue until you feel the story is complete.

It helps kill time during those long waits.

NATALIE ROMERO OF YUMMYMUMMYCLUB.CA

Learning

App turns kids into artists

Skatoony: Skadoodle (99 cents on iTunes) is a great example of an app where learning and fun are at your fingertips. It's not about basic shapes for toddlers. We're talking trapez-

oids, verticals, horizontals, semicircles on the right, and spirals inside circles. Press the buzzer, and you have about 20 seconds to guess what image you've drawn. Hurry.

Guess correctly and you earn Skatoony Bucks.

RUTH SPIVAK OF YUMMYMUMMYCLUB.CA

Exclusively online

Mommy and Daddy desperately need a vacation and they're off to Florida. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Feeling exhausted? Laugh it off

Handling sleep deprivation. Here are some tips for surviving the day after the kids have kept you up all night

ANDREA NAIR
YummyMummyClub.ca

As I drag myself off the floor where my three-year-old and five-year-old are happily playing, I am trying to summon motivation to help stop feeling sorry for my tired body that was kept up last night by a feverish child. Life has to go on today — no calling in sick here.

How many of you are nodding with me?

I am making this list to help myself today because I managed in the past to get through many sleepless nights, and the following sleepy days.

My goal is to make it through intact and not let my tiredness turn me into a jerk.

Whether you are at work or at home, use any of these caffeine-free tips that suit you to help through your sleepy day.

1) Create a safe zone for the kids and then curl up near them for a power nap.

When the kids were younger,

Quote

My goal today is to make it through intact and not let my tiredness turn me into a jerk.

I would barricade them in a small area and fall asleep on the floor beside them. Now I can sleep through a blaring TV or Lego dismantling.

2) Stop telling yourself you are tired.

Positive thinking will make a big difference. Put on your glass-half-full goggles. There have been many studies that demonstrate humans can do just fine on even four hours of sleep if they need to.

Remind yourself of this all day.

3) Don't sit around too much, and try to get outside.

I find I am more tired when I am sitting.

If I take the boys outside or to play somewhere else, I often forget how tired I am. But don't push yourself too hard for multiple days in a row.

A day or two here or there of pushing yourself onto your feet will be OK.

If this is a repeated pattern, you run the risk of harming your health.

4) Do something that will make you laugh because laughing releases the same tension as tears.

I do feel like crying — all day. So laughing is a much better option! My choices are usually: air guitar to my favourite songs, hanging with friends, watching a funny video.

5) Do some yoga and/or meditation.

Inversion poses are super for waking the body and mind.

If I start to feel fuzzy, I do a sun-salutation series or meditate for a couple minutes.

6) Drink water with lemon and eat real food.

Junk food is not only bad for you, it often makes you sleepy.

7) Have a shower, do your hair and wear nice clothes.

For some reason I feel better when I'm not in a pony tail and saggy-butt grey sweat pants.

I need to put my psychotherapist hat on and say that if sleepless nights are a chronic problem, seek professional help either through a trained child sleep expert (my go-to girl there is Alanna McGinn) or a trained counsellor.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD



Feeling down and out? Try our pick-me-ups. ISTOCK PHOTOS

Use your stroller to create strong, toned legs



Get out into the world and tone up. ISTOCK PHOTOS

Early spring can often be absolutely gorgeous and you can take advantage of those occasional warm spring days to do a little stroller fitness on your own.

Warm up

Start by walking briskly. Find a quiet street or park with paved paths so you can maintain your preferred speed without crashing into pedestrians. Few pedestrians enjoy that. Walk or jog for five to 10 minutes until you have

broken a sweat and feel warm and slightly breathless.

Strength

Walk or jog one to two blocks (or about one minute) between each of the following exercises.

Walking stroller lunge and pulse.

With both hands on the stroller and elbows slightly bent, take a large step with your left foot and drop into a lunge position until your left thigh

is roughly parallel with the ground. From the lowest position you can maintain, pulse up one inch and back down, then step up and move forward with your right foot this time. Continue walking until you have performed 20 lunges, alternating as you would while walking.

Stroller butt kick

With both hands on the stroller and elbows slightly bent, jog and kick your heels up to tap your bum (or get as close

to tapping as you can), squeezing your hamstrings. Try leaning slightly forward and staying on the balls of your feet to kick faster and harder. Continue jogging forward until you have performed 30 kicks on each leg, or 60 total.

Bonus points

Every time you pass a wall or bench, stop to perform five to 10 push ups for some upper body strength training, too.

DARA DUFF-BERGERON OF YUMMYMUMMYCLUB.CA

Spring into the warmer weather with an energizing spinach wrap



ROSE REISMAN
for more, visit
rosereisman.com

This is a wrap I developed for the Pickle Barrel chain of restaurants in Toronto. When the customers want a healthier wrap, this is what they order. The spinach, chicken and hummus combo is a winner. Homemade hummus has fewer calories and less fat than the store-bought type.

1. Working with one at a time, pound the chicken breasts to an even 1/2-inch thickness between two sheets of waxed paper. Spray a non-stick grill pan with cooking oil and sauté the chicken for 8 minutes, or until no longer pink in the centre. Slice into thin strips.

2. Stir peppers, onion, feta, tomatoes, olives, oil, basil and garlic together in a large bowl.

3. Spread the hummus over the tortillas. Place the vegetable mixture over the hum-

mus. Scatter the spinach leaves overtop and add the chicken. Roll the bottom of each tortilla up and over the filling, fold in both sides, and continue to roll up tightly. Cut each roll in half.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 8 oz skinless boneless chicken breast
- 1 cup thinly sliced green bell pepper
- 1 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red or sweet onion
- 1/3 cup low-fat feta cheese, crumbled
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup diced black olives
- 1 tbsp olive oil
- 1 1/2 tsp dried basil
- 1 1/2 tsp minced fresh garlic
- 2/3 cup hummus
- 4 large whole wheat tortillas, or flavour of your choice
- 1 cup baby spinach leaves

This recipe serves eight — 256 calories/10.5 g of fat per serving.
BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Sumptuous snack. Rhubarb pecan muffins



For optional muffin toppings visit the recipe's website. GOBARLEY.COM

Ingredients

- 1 cup barley flour
- 1 cup all-purpose flour
- 3/4 cup granulated sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp salt
- 1 egg
- 1/4 cup canola oil
- 2 tsp grated orange peel
- 3/4 cup orange juice
- 1 1/2 finely chopped rhubarb
- 3/4 cup chopped pecans

Lightly grease or spray non-stick muffin pans with non-stick cooking spray. In a large bowl, combine flours, sugar, baking powder, baking soda and salt. In another bowl combine egg, canola oil, orange peel and juice. Add to dry ingredients along with chopped rhubarb and pecans. Spoon into prepared pans. If desired, sprinkle 1 tbsp (15 mL) topping on each muffin. Bake in a 375 F (190 C) oven for 25 minutes or until tops are firm to the touch. Makes 12 muffins. GOBARLEY.COM

A burrito for every taste bud



These burritos are delicious served with fresh salsa, sour cream and guacamole, along with a side salad. Recipe serves 8. KAREN HUMPHREY

A staple in our house, these burritos are usually made on the weekend and then wrapped up individually and stashed into the freezer for busy weeknights. Not only are they fast and easy to make, they are fairly economical, healthy and filling for hungry teens. We've been known to eat them cold in lunches, or serve them up for dinner topped with chopped avocado, fresh salsa and a side salad. If you wish, you can even substitute the beef with ground chicken. You can make them spicier by adding a little chipotle to the meat or a hot salsa, or keep them mild by reducing the spices.

1. In a large frying pan, sauté the onion in a little olive oil until softened, about 5 minutes. Add the jalapeno (if using) and sweet pepper, sautéing and stirring until softened as well. Push to the side of the pan, add a little bit more oil and then the ground beef. Continue to cook and stir until it's cooked through and no longer pink. Sprinkle with salt and pepper to taste, then chili powder, cumin and oregano. Cook a little longer so the spices really add flavour to the meat, then stir in the salsa. Set the meat mixture aside to cool.

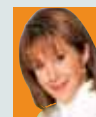
2. Place the garlic clove, cilan-

tro stalks, kidney beans, chili powder, cumin, salt, olive oil, zest from 1/2 lime, and juice from 1/2 lime in a food processor. Add about 2 tbsp of water and process until smooth. You can always add a little more water if you need to in order to moisten it or make it smooth enough to spread.

3. Lay the tortillas out on the counter in front of you. Divide the bean mixture evenly among the tortillas, placing a dollop in the centre of each. Divide the meat between the tortillas as well, mounding it on top of the bean paste.

4. Sprinkle Cheddar cheese on top of the bean mixture and meat. To roll up, take the tortilla and fold in the sides. Taking the end closest to you, fold it up and over the filling, and tucking in the sides, roll the tortilla away from you. Place seam side down on a square of cling wrap. Roll up in the cling wrap tightly then fold over the ends. Place the rolled tortillas in a large freezer bag in a single layer and seal.

If you plan to eat the burritos immediately, instead of rolling them in cling wrap, place them seam side down in a greased baking dish. Bake for about 15 minutes in a 350 F oven until



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Healthy eating

Choose it and lose it

Of course fries are deep-fried, which equals calories and fat. Next time, reach for another option instead.



New York Fries Classic Fries (regular)

580 calories / 27 g fat

Even though these fries are cooked in trans-fat free, non-hydrogenated sunflower oil, there are very few nutrients in this meal or snack. This represents one third of your daily calories and fat. Not worth it!

Equivalent

The regular fries are equal in fat to five Wendy's baked potatoes with sour cream.



New York Fries Hot Dog with cheese sauce

435 calories / 21.3 g fat

I don't often recommend hot dogs, but there are not a lot of choices at New York Fries. Even with the cheese sauce, it's a marginally better choice than fries.

Ingredients

- 1 small onion, finely chopped
- 1/2 jalapeno pepper, seeded and finely chopped
- 1 sweet red pepper, chopped
- 1 lb ground beef
- salt and pepper, to taste
- 2 tsp chili powder
- 2 tsp cumin
- 1 tsp oregano
- 3 tbsp salsa, or a bit more to moisten
- 1 clove garlic, peeled and cut in half
- 1/4 cup coarsely chopped cilantro stalks
- 1 19 oz can kidney beans, drained and rinsed
- 1 tsp chili powder
- 1 tsp cumin
- 1/4 tsp salt
- 1 tbsp olive oil
- 1 lime
- 2 tbsp water
- 8 10-inch flour tortillas
- Cheddar cheese

Keep on blogging all the way to the bank

Word to the wise.
Stop not, valiant scribe

There's no get-rich-quick scheme when it comes to blogging. Creating a website, building an audience and eventu-

ally garnering revenue is an exhausting process — which is why most successful blogs are labours of love. A good blog stems from an unwavering desire to do the thing you most enjoy and share it with the world.

Lauren Lilling had a degree

Of pennies and posts

Two tips for turning your blog into a career:

- **Have a clear focus.** In this case, casting a wider net will not necessarily get you a wider audience.
- **Use social media.** Utilize different platforms in order to promote your brand and drive traffic to your site.



In the blogging biz, your fingers are your best friends. Get typing! ISTOCK

in finance, but Wall Street just wasn't cutting it for her. A year after starting her blog, Keep It Sweet Desserts, Lilling left the world of finance and devoted her time to a new business: a blog and "e-bakery" where users can order treats like her seasonally appropriate "Matzo-crack" salted chocolate matzo.

Like any savvy business owner, Lilling drew on what she knew. "As someone who

worked in finance prior to starting a business, I was able to use skills from my previous career, leverage the social media buildup I had from blogging and build on the relationships in both places," she says.

Babette Pepaj runs TECHmunch, a conference for food bloggers to help them do what Lilling has done. Pepaj travels around the U.S. to help food bloggers make their

work more financially rewarding, she says.

"The unsuccessful bloggers I've seen are the ones who are short-term planners," says Pepaj. Most important, she says, is keeping the blog active to attract interest from advertisers. "You can't expect a brand to look at your blog that hasn't been updated in four weeks and think your community is engaged," she says.

JULIA WEST, METRO NEW YORK

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NCAA

Wolverines en route to Final Four

Canadian guard Nik Stauskas scored 22 points, including six three-pointers, and Michigan is going to the Final Four for the first time since the Fab Five era after a 79-59 rout of Florida in the South Regional final Sunday.



Nik Stauskas
GETTY IMAGES

Stauskas, a freshman from Mississauga, Ont., hit all six of his three-point attempts, including consecutive makes

from the left corner to give Michigan a 41-17 lead.

The Wolverines, with a steady rotation of six freshmen and a sophomore, are headed to Atlanta to play Syracuse (30-9) in a national semifinal game Saturday.

THE ASSOCIATED PRESS

Golf

D.A. Points wins the rain-delayed Houston Open

D.A. Points came back from a long rain delay and made four pars, the last one giving him a one-shot victory in the Houston Open and sending him to the Masters.

Points closed with a 6-under 66 on Sunday, saving par on the last two holes at Redstone Golf Club to outlast Masters-bound Henrik Stenson and Billy Horschel. The final round was halted for nearly three hours because of storms that soaked the golf course.

THE ASSOCIATED PRESS



Canada goaltender Shannon Szabados celebrates her 8-0 shutout against Sweden with teammates Lauriane Rougeau (5), Sarah Vaillancourt (26) and Haley Irwin after an exhibition game in Pembroke, Ont., Saturday. The IIHF Women's World Hockey Championship starts in Ottawa on Tuesday. FRED CHARTRAND/ THE CANADIAN PRESS

Canada not looking to break even vs. U.S.

Hockey. Defending world champs plan to sweep rival in Ottawa and win 11th title

Win one, lose one, is the current state of the women's hockey rivalry between Canada and the U.S.

Neither country has been able to win two in a row against the other over the last three years. If one wins in the preliminary round at an international competition, the other prevails in the final.

So host Canada's goal at the

2013 women's world hockey championship in Ottawa is to defeat their rival to open the tournament Tuesday and again in a likely meeting between them in the April 9 final.

"The key is to find ways to beat the U.S. two games in a row," head coach Dan Church says.

The International Ice Hockey Federation's women's world championship returns to the city where it was first held in 1990. Canada last hosted the tournament in 2007 in Winnipeg.

Canada and the U.S. have met in all 14 previous finals with Canada winning 10, but

the Americans taking three of the last four world titles.

Canada is the defending world champion after beating the U.S. on their home ice in Burlington, Vt., in 2012. Caroline Ouellette of Montreal scored the overtime winner in a 5-4 victory in the final.

But the Canadians also opened last year's world championship with a shocking 9-2 loss to the Americans, which was Canada's most lopsided loss to them ever. At the 2012 Four Nations Cup in Finland, Canada beat the Americans 3-1 in the preliminary round, but fell 3-0 to them in the final.

THE CANADIAN PRESS

The Sochi squad

- Shortly after the world championship, coach Dan Church is expected to invite these 23 players to try out for his 2014 Winter Olympic team. Those players will congregate in Calgary this summer and train full time until the Games in Sochi, Russia.
- Canada is led by Hayley Wickenheiser and Jayna Hefford, both playing in their 12th world championship.

Crosby out indefinitely with broken jaw



Sidney Crosby is helped off the ice by Penguins teammate Pascal Dupuis after taking a puck to the face on Saturday against the Islanders. Crosby suffered a broken jaw on the play and is out indefinitely. GENE J. PUSKAR/ THE ASSOCIATED PRESS

Sidney Crosby has a broken jaw and is out indefinitely after being hit in the mouth with a puck during a win against the New York Islanders on Saturday.

The Pittsburgh Penguins said on the team website Sunday that Crosby had surgery Saturday night, and there will be an update on his status later in the week.

Crosby, the NHL's leading scorer, was struck in the face during the first period of the Penguins' 2-0 win. Slow-

New teammate

"Very unfortunate play. Seeing on the replay, he didn't see it coming at all."

Newly acquired Penguin Jarome Iginla

motion replays showed multiple teeth flying out of his mouth after the puck struck him during his first shift. The team said Crosby had "major dental work" and will have more done later in the week.

The Penguins have won 15 straight games, and next play Buffalo on Tuesday.

Crosby has 56 points (15 goals, 41 assists) and holds a 10-point lead in the scoring race. He has not missed a game yet this season after being limited to 22 regular-season games over the prior two calendar years because of concussion-like symptoms and neck issues after absorbing big hits in consecutive games Jan. 1 and Jan. 5, 2011.

THE ASSOCIATED PRESS



Canadian Andrew Wiggins attracted a capacity crowd at the McMaster gym Sunday afternoon when his Huntington Prep team played the United Leaders High School Academy. Wiggins, touted as a future top draft pick, will play in the McDonald's High School All-American Game on Wednesday. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Wiggins needs to face the spotlight: Nash

No. 1 prospect.

Canada's next NBA phenom has quickly outgrown, and outplayed, his high school competition

When Andrew Wiggins made his official recruiting visit to Florida State, 16 female students seated courtside at a Seminoles game wore "WE WANT WIGGINS" painted in black across the front of their white T-shirts.

A cheerleader held a sign that read: "FSU has hotter girls." When he played a high

school game in Georgetown, Ky., more than 2,000 Kentucky Wildcats fans turned out to watch, chanting "We want Wiggins!" and "Go Big Blue!"

At a tournament in Cincinnati, some 300 high school students taunted the Canadian basketball phenom with "Over-Rated!" and "U-S-A!"

For an 18-year-old who's not super fond of the spotlight, there's no escaping it these days.

"Somebody of his talent, every gym he goes to, somebody's going to say, 'No. 1 player in the country? You're overrated,'" said Steve Nash, who knows a bit about life in the spotlight.

Wiggins will be front and

centre again Wednesday at Chicago's United Centre as the brightest young star in a gym full of them for the 36th Annual McDonald's High School All-American Game.

Nash has some advice for Wiggins: Like it or hate it, he should embrace the attention.

"Maybe that's his biggest challenge," the two-time NBA MVP told The Canadian Press. "It's not the players he plays against, it's not the competitions he's in. It's the never-waning spotlight, and pressure from the outside. I think he has to embrace that as his greatest competitor at this stage in his career."

A quick peek at his mixtapes — one of which is just shy of a million views — shows the six-foot-seven small forward from Vaughan, Ont., rarely has competition. He runs faster and jumps higher. He spins past players on his way to the hoop like he's matched up against elementary school kids.

THE CANADIAN PRESS

Veteran wisdom

"That might be his competitor right now, and I think he should continue to embrace that, because it will give him the obstacles that will keep him hungry."

Two-time MVP Steve Nash on the attention surrounding 18-year-old Andrew Wiggins

Curling

Canada's Jacobs remains unbeaten at worlds

Brad Jacobs and his Canadian rink got points for messy housekeeping Sunday at the world men's curling championships.

The Sault Ste. Marie, Ont., skip remained unbeaten after two draws as he came back to beat Finland's Aku Kauste 8-6. Jacobs overcame an early 4-1 deficit by putting up plenty of junk instead of deploying his usual clean, takeout-based game.

"It wasn't a typical game for us," said Jacobs, who is competing at the worlds for the first time. "We like to try to build a lead and peel, as everyone knows."

"We did that in the first game (a win over China), but this game was totally the opposite. But it's nice to have a game like that, too, where you have to come back to win."

He and his rink of third Ryan Fry, second E.J. Harnden and lead Ryan Harnden forced Kauste to make several misses as his rink fell to 0-2.

THE CANADIAN PRESS

Tennis. Andy Murray rallies past David Ferrer for Sony Open title

As a dramatic men's final at the Sony Open neared its conclusion in a winner-take-all tiebreaker, Andy Murray waged a 28-shot exchange with David Ferrer, who was left so exhausted by the rally he crumpled to the court.

CBS viewers missed it. They also missed seeing Murray accept the trophy after he erased a championship point Sunday and rallied past Ferrer 2-6, 6-4, 7-6 (1).

An 11:30 a.m. start on Easter turned out not to be early enough for CBS. The network cut away when the final went to the tiebreaker, switching to the tipoff of the NCAA tournament game between Michigan and Florida.

"It's obviously a shame that people didn't get to see the end of what I think was a pretty exciting match," Murray said. "But that's the way it goes sometimes."

Tennis Channel televised the end of the match, and CBS later showed a replay of match point.

"We stayed with tennis as long as we could," a CBS spokeswoman said.

The final was filled with grinding baseline rallies, in-



Andy Murray holds up his trophy after winning the Sony Open.

WILFREDO LEE/THE ASSOCIATED PRESS

cluding at least a dozen of more than 20 strokes and one lasting 34. At two hours, 45 minutes, the match was the longest of the men's tournament, and the end ran a few minutes past the scheduled start of Michigan-Florida.

Sony Open tournament director Adam Barrett said CBS officials had a commitment to show basketball.

The No. 3-seeded Ferrer, who was seeking the biggest title of his career, fell to 0-13 against top-five players in finals.

THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Miami	56	14	.800	—
x-New York	44	26	.629	12
x-Indiana	45	27	.625	12
x-Brooklyn	41	29	.586	15
x-Atlanta	40	32	.556	17
x-Chicago	38	31	.551	17 ^{1/2}
Boston	37	34	.521	19 ^{1/2}
Milwaukee	34	36	.486	22
Philadelphia	28	43	.394	28 ^{1/2}
Toronto	26	45	.366	30 ^{1/2}
Washington	26	45	.366	30 ^{1/2}
Detroit	24	48	.333	33
Cleveland	22	48	.314	34
Orlando	18	54	.250	39
Charlotte	17	54	.239	39 ^{1/2}

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	54	17	.761	—
x-Oklahoma City	53	19	.736	1 ^{1/2}
x-L.A. Clippers	49	23	.681	5 ^{1/2}
x-Denver	49	24	.671	6
x-Memphis	47	24	.662	7
Golden State	41	31	.569	13 ^{1/2}
Houston	39	32	.549	15
L.A. Lakers	37	35	.514	17 ^{1/2}
Utah	35	36	.493	19
Dallas	35	36	.493	19
Portland	33	37	.471	20 ^{1/2}
Minnesota	25	45	.357	28 ^{1/2}
Sacramento	25	46	.352	29
New Orleans	25	47	.347	29 ^{1/2}
Phoenix	23	48	.324	31

x — clinched playoff berth; y — clinched division.

Wednesday's results

Atlanta 107 Toronto 88
Boston 93 Cleveland 92
Charlotte 114 Orlando 108
Chicago 101 Miami 97
Indiana 100 Houston 91
L.A. Clippers 105 New Orleans 91
L.A. Lakers 120 Minnesota 117
New York 108 Memphis 101
Oklahoma City 103 Washington 80
Philadelphia 100 Milwaukee 92
San Antonio 100 Denver 99
Phoenix at Utah
Brooklyn at Portland
Sacramento at Golden State
Thursday's games — All Times Eastern
L.A. Lakers at Milwaukee, 8 p.m.
Indiana at Dallas, 8:30 p.m.
Sacramento at Phoenix, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	34	26	8	0	117	84	52
New Jersey	33	15	11	7	82	89	37
NY Rangers	32	16	13	3	78	78	35
NY Islanders	33	15	15	3	96	107	33
Philadelphia	32	13	17	2	84	99	28

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	33	21	7	5	104	83	47
Boston	32	21	7	4	94	72	46
Ottawa	33	18	9	6	86	72	42
Toronto	34	18	12	4	102	97	40
Buffalo	33	13	16	4	87	102	30

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	34	18	14	2	88	99	38
Carolina	31	15	14	2	86	90	32
Washington	33	15	17	1	94	93	31
Tampa Bay	33	14	18	1	105	99	29
Florida	34	9	19	6	80	119	24

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Wednesday's results

Montreal 6 Boston 5 (SO)
Phoenix at Minnesota
Colorado at Calgary
Anaheim at San Jose

Tuesday's results

Chicago 2 Calgary 0
Edmonton 3 St. Louis 0
NY Islanders 3 Washington 2
NY Rangers 5 Philadelphia 2
Pittsburgh 1 Montreal 0
Tampa Bay 2 Buffalo 1
Toronto 3 Florida 2
Vancouver 1 Columbus 0 (SO)
Winnipeg 4 Carolina 1

Thursday's games — All Times Eastern

Carolina at Toronto, 7 p.m.
NY Islanders at Philadelphia, 7 p.m.
NY Rangers at Ottawa, 7:30 p.m.
Buffalo at Florida, 7:30 p.m.
Los Angeles at St. Louis, 8 p.m.
Phoenix at Nashville, 8 p.m.
Columbus at Edmonton, 9:30 p.m.
Colorado at Vancouver, 10 p.m.
Detroit at San Jose, 10:30 p.m.

NBA

Raptors fall to Wizards in Washington

Bradley Beal scored 24 points in his return to the lineup, leading the Washington Wizards to a 109-92 victory over the Toronto Raptors on Sunday night.

Emeka Okafor had 19 points and 10 rebounds, and John Wall added 18 points and 10 assists for Washington. The Wizards, who came in having lost two in a row on the road, won their seventh straight at home and moved into a tie with Toronto for 10th place in the Eastern Conference.

Jonas Valanciunas had 18 points and 10 rebounds to lead the Raptors, losers of six of their last seven. Toronto leading scorer Rudy Gay scored 11 points — about seven below his average — while being limited to 26 minutes due to foul trouble.

Toronto has dropped six of its last seven games.

THE ASSOCIATED PRESS

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	32	25	4	3	108	71	53
Detroit	33	17	11	5	90	83	39
St. Louis	32	17	13	2	92	89	36
Nashville	33	14	13	6	83	88	34
Columbus	33	13	17	7	75	86	33

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	33	18	9	6	88	85	42
Minnesota	31	19	10	2	86	75	40
Edmonton	32	12	13	7	77	91	31
Calgary	31	12	15	4	85	105	28
Colorado	31	11	16	4	79	100	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	32	22	6	4	104	83	48
Los Angeles	32	18	12	2	93	80	38
San Jose	31	14	11	6	76	82	34
Dallas	32	15	14	3	87	87	33
Phoenix	32	13	15	4	82	90	30

Friday's games

New Jersey at Tampa Bay, 7:30 p.m.
Anaheim at Chicago, 8:30 p.m.
Minnesota at Dallas, 8:30 p.m.
Columbus at Calgary, 9 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	15	39	54
Stamkos, TB	23	20	43
Kunitz, Pgh	19	23	42
St-Louis, TB	8	34	42
Kane, Chi	17	24	41
Getzlaf, Ana	12	25	37
Tavares, NYI	20	15	35
Staal, Car	14	21	35
Kadri, Tor	14	21	35
Ribeiro, Wash	11	24	35
Datsyuk, Det	11	24	35
Voracek, Pha	14	20	34
Moulson, NYI	11	23	34
Vanek, Buf	16	17	33
Tweeds, Chi	16	16	32
Ovechkin, Wash	16	16	32
Ladd, Wpg	14	18	32
Duchene, Col	12	20	32
Kessel, Tor	10	22	32

Not including Wednesday's games



Horoscopes

Aries

March 21 - April 20

Take what you desire rather than wait for someone to offer it to you. Whatever your number one ambition in life happens to be, that is what you should now be aiming for.

Taurus

April 21 - May 21

Usually you get your way through sheer force of personality but cosmic activity in the most sensitive area of your chart makes that more difficult now. If you want something you'll have to offer something in return.

Gemini

May 22 - June 21

Requests for help of a financial nature will come your way but if you are smart you will turn them all down. The best way to help others is to show them how to help themselves.

Cancer

June 22 - July 23

Someone in a position of authority is about to offer you the chance to move several rungs up the ladder of success. Before you proceed ask yourself a serious question: do you really want this level of responsibility?

Leo

July 24 - Aug. 23

Your confidence may be soaring now but don't go to extremes. At best you will make a fool of yourself; at worst others will expect you to be like that all the time. Try not to forget it's only an act. Isn't it?

Virgo

Aug. 24 - Sept. 23

You may feel irrationally jealous today, which is not like you at all. The fact is your nerves are still on edge from the effects of the recent full moon, so stay calm and try to take nothing too seriously.

Libra

Sept. 24 - Oct. 23

The best way to avoid confrontation is to remove yourself from areas where it is most likely to take place. Everything will be fine if everyone respects your space – and, of course, you must respect theirs.

Scorpio

Oct. 24 - Nov. 22

You may have a lot of practical issues on your plate at the moment but don't neglect your feelings – or the feelings of those you love. Make time for others today – and even more time for yourself.

Sagittarius

Nov. 23 - Dec. 21

The Sun in Aries is bringing all sorts of opportunities your way – all you have to do is reach out and grab them. But don't be greedy: there is plenty of good stuff to go around.

Capricorn

Dec. 22 - Jan. 20

You may have to hide your true feelings if you want to avoid a scene. If you fall out with someone today they will be in a huff for weeks, so bite your lip and focus on things you can agree on.

Aquarius

Jan. 21 - Feb. 19

Seek out people who are fun, people who make you laugh when you are feeling down. And don't think of it as wasting time, because it's nothing of the sort.

Pisces

Feb. 20 - March 20

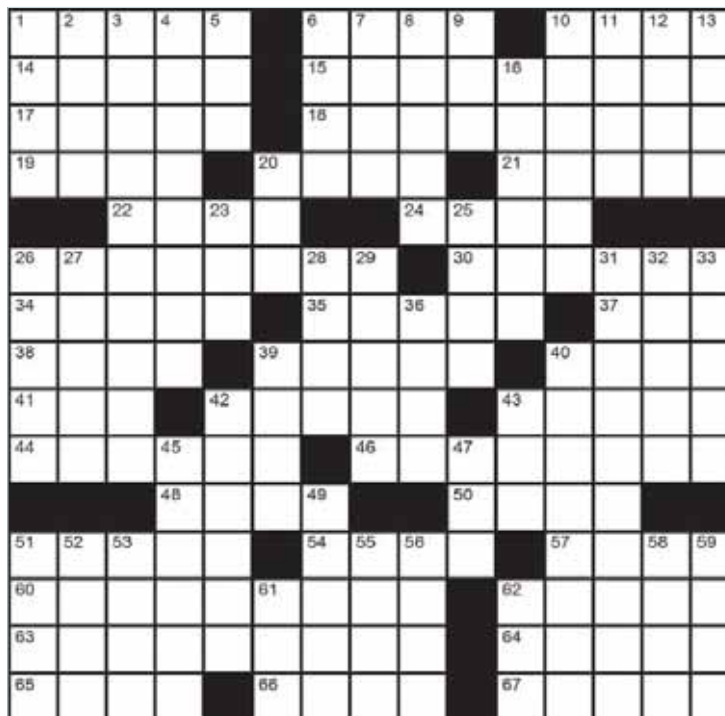
You may be tempted to rush around today and finish all those half-completed jobs you think are so important. Don't bother. If they really were that important you would have done them all by now.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Truth ____
6. Bat's hangout
10. Way out there
14. Immobilizes
15. "Rock 'N' Roll is a Vicious Game" band: 2 wds.
17. John Keats, for one
18. Lager brewed in Saint John
19. "What ____ wrong?"
20. Early Beatles hit: "Love ____"
21. Scenic view
22. Burkina ____ (Nation in West Africa)
24. Churn
26. Unwelcome plot giveaways
30. World Heritage site gr.
34. Broadcaster Mr. King
35. Tidal bore
37. 'Profit' suffix
38. Ancient Greece's war god
39. Affordable noodle dish
40. Disapproving sound
41. Li'l roads
42. Supercharger
43. Zestfulness
44. Mob gig
46. "King of Kensington" star: 2 wds.
48. Building dwellings, for short
50. ____ Perpetua (Idaho's motto)
51. Make a masterpiece
54. Arrow poison



57. Dismounted
60. Photos-driven website
62. Domicile
63. ____ Royal, Nova Scotia
64. "Nost" add-on (Retro sentiment)
65. '50s singer Mr. Domino
66. Prefix meaning 'Fire'
67. 'Twilight' books

author Stephenie

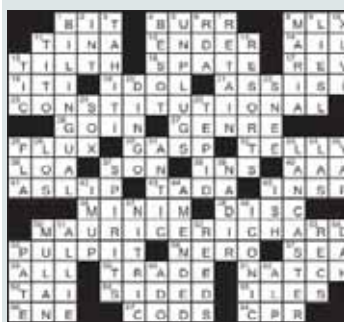
Down

1. Pack away
2. Earth: German
3. British Columbia's Great Bear ____
4. Not on the main floor, say
5. Winter hrs. in Colorado
6. Showed up

7. Snake, for one
8. Racecar sound
9. ' ____' for Edmonton
10. Janet Jackson's "Let's Wait ____"
11. Sounds of mild disgust!
12. Subj. for ABC character Meredith Grey
13. ____ (Stigma for

- Hester Prynne in 1850 Nathaniel Hawthorne book *The Scarlet Letter*)
16. NBC's "The Voice" coach Adam
20. Three Stooges member
23. Dodgy
25. 'Adj' add-on (End until later)
26. Single-named rock guitarist
27. PQ = ____ Quebecois
28. ____ Admiral
29. Ballroom dance
31. Study of earthquakes
32. Jai Alai basket
33. Mr. Welles
36. Earth sci.
39. Pipsqueak pup
40. The ____ Family, as on "The Cosby Show"
42. Jail cell communication: 2 sounds.
43. Tank filling
45. Big swimming rays
47. Moviedom's Mr. Craven
49. Bad-tempered
51. French singer Edith
52. Actress Ms. Faris
53. "Say it ____ so!"
55. Couple
56. Retort to "Are not!": 2 wds.
58. "Thus with a kiss ____" - Romeo
59. Rip
61. Elephant gr. in US politics
62. Winnie-the-Pooh writer's monogram

Friday's Crossword

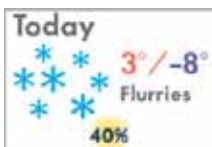


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Know what the weather
will be 14 days from now.
Check the 14 day trend.

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